

AVINGER ISD

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Good Eats at Avinger School	October__2021				
<p>All students are offered a complete meal. To include the 5 food groups: Protein, Dairy, Vegetables, Fruit and Grain</p> <p>Flavored Fat Free Milk 1% White Milk Offered Everyday</p> <p>Avinger ISD is an equal opportunity provider.</p>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>SPECIAL ANNOUNCEMENTS</p> <p>Columbus Day 11</p> <p>Halloween 31</p> <p>Fab Friday 8 & 22</p> <p>Menu Subject To Change</p>	4 Bagels, Applesauce Chicken Pattie w/Gravy, Mashed Potato, Sweet Potato Puffs, Roll, Grapes	5 Cinnamon Roll, Peaches Burrito, Chili Beans, Mexican Corn, Tropical Fruit	6 Mini Waffles, Applesauce Goulash, Side Salad, Peas, Garlic Stick, Orange	7 Honey Bun, Pears Catfish, or Chicken, French Fries, Coleslaw, Apples	8 Fab Friday
	11 Pancakes, Peaches Chili Dogs, Baked Beans, Chips, Fresh Fruit Mix	12 Sausage Biscuit, Fruit Cocktail Hamburger Soup ,Corn Bread, Side Salad, Tropical Fruit	13 Bagels, Pears Steak Fingers, Mashed Potato, Ranch Style Beans, Roll, Mandarin Oranges	14 Breakfast Pizza, Pineapples Chicken Spaghetti, Peas, Carrots, Garlic Toast, Jell-O	15 Cereal, Toast, Peaches Hamburger, Side Salad, French Fries, Fresh Fruit
	18 Donuts, Fruit Cocktail Green Dragon, Rice, Cooked Carrots, Broccoli, Pineapples	19 Chicken Sausage Maple Sandwich, Applesauce Tacos, Side Salad, Refried Beans, Tropical Fruit	20 Pancakes, Pears Popcorn Chicken, Mashed Potato, Green Beans, Roll, Peaches	21 Muffins, Fruit Cocktail Grilled Ham Cheese Sandwich, Chips, Veggie Sticks, Fresh Fruit	22 Fab Friday
	25 Honey Buns, Applesauce Chicken Wings, Loaded Potato, Broccoli, Roll, Jell-O	26 French Toast, Diced Pears Chicken Taco, Mexican Corn, Black Beans, Tropical Fruit	27 Chicken Biscuit, Fruit Cocktail Steak Fingers, Mac and Cheese, Cooked Carrots, Roll, Peaches	28 Donuts, Pears Pizza, Side Salad, Corn, Pineapples	29 Cheese Biscuit, Applesauce Drum Stick, Sweet Potato Fries, Coleslaw, Cookie